

Baked Sea Bass

with Thyme and Citrus



*Garth
McColgan*

Recipe
**Baked
Sea Bass**

“Triple bass – an ocean treasure with a triple citrus twist”

“Sea Bass is an especially rich ocean treasure at the best of times, but when you bathe it in wine, smother it in a triple layer of citrus zest and bake it slowly, it becomes the stuff of dreams. There’s plenty here to share – so why not invite your friends round and slice them a portion of pure Pacific pleasure!”

Garth McColgan

Flavour as deep as the ocean

Sea Bass seasoned in citrus,
served with fluffy rice



Garth McColgan

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Utensils

Baking Dish
Knife
Chopping Board

Saucepan
Sieve

Ingredients

1 pack Whole Sea Bass (frozen)
200ml White Wine
60ml White Wine Vinegar
10 sprigs fresh Thyme
2 cloves Garlic, thinly sliced
50g Butter

1 tsp Lime zest
1 tsp Orange zest
1 tsp Lemon zest
1 clove Garlic, finely chopped
1 tbs Thyme, finely chopped

Method

Lay the Sea Bass in baking dish and add wine, vinegar, 30g butter, thyme sprigs and sliced garlic. Bake in an oven at 200°C for about 40 minutes until the fish is piping hot. Meanwhile, combine the 3 citrus zests and the remaining thyme and garlic in a saucepan with 1 tsp of butter. Heat gently for 1 minute. Remove the fish from the oven and keep warm. Strain the fish cooking liquid through a sieve and add to the saucepan. Add 1 small knob of butter and pour over the fish. Serve with steamed green vegetables and boiled rice.



Perfect with...

Châteaux's Selection Bordeaux White Wine

A classic white Bordeaux.
Smooth, easy drinking with
white flowers and a hint
of honey on the finish.

Was €6.99

Now €5.99

75 cl

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